Carers Connect

The Newsletter for Carers in Wandsworth Issue 62 / December 2025-January 2026

30 Wandsworth Carers' Centre Years of Caring

Wandsworth Carers' Centre's AGM will be held on Thursday 4th December 2025 – see Page 3 for more details

Christmas Party

Tuesday 9th December 2025 from 1 to 3pm at Brathway Hall, SW18 4BE

All Carers and the people you care for are welcome. Join us for a Christmas and 30th Anniversary celebration. There will be festive food, drink, live music and entertainment, including a Photo Booth.

Places are limited. Please contact us on 020 8877 1200 or email info@wandsworthcarers.org.uk to book your place.

Wear your favourite Christmas jumper and enter our Christmas Jumper Competition!

A Network Partner of CARERS TRUST

Wandsworth Carers' Centre, 46 Balham High Road, Balham, SW12 9AQ
Tel 020 8877 1200 – Calls welcome via text relay
Email info@wandsworthcarers.org.uk • **Website** www.carerswandsworth.org.uk

Wandsworth Carers' Centre is a company limited by guarantee with charitable status. Registered Charity Number 1053121. Company Number 3152094.

WALK, TALK & TEA

Wandsworth Carers' Centre's Walk, Talk & Tea takes place on the first Wednesday of every month. Come along and meet other Carers, have a relaxing walk and enjoy a complimentary cup of tea or coffee at the end.

3rd December 2025

King George's Park

Meet at 11am for a walk through King George's Park in Wandsworth Town.

7th January 2026

Battersea Park

Meet at 11am to explore Battersea Park's many points of interest, including the new Bob Marley Green Plaque.

4th February 2026

Wimbledon Park

Meet at 11am for a peaceful walk through Wimbledon Park.

To sign up and receive the meeting point locations each month, please contact us on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Wandsworth Carers' Centre 2025 AGM

Members of **Wandsworth Carers' Centre** are cordially invited to our **Annual General Meeting** on

Thursday 4th December 2025 from 1.30 to 2.30pm

THIS WILL BE AN ONLINE ZOOM MEETING

At 2pm we will be joined by Adam Hillier from Legal & General who will give a short talk about the importance of **Lasting Power of Attorney** and how to set one up.

We take this opportunity to thank you for your support over the previous year. If you would like to remain as a member of **Wandsworth Carers' Centre** your subscription for the coming year will be £1.

For the link to be able to join the meeting and to help with our planning, we would ask that you please let us know if you will be able to attend by calling **020 8877 1200** or by email at **info@wandsworthcarers.org.uk**.

We look forward to seeing you.

NATIONAL **ARMY** MUSEUM

Wandsworth Carers' Centre has been invited to visit the National Army Museum. An introduction to the Museum and a bespoke collection handling session will be provided.

Thursday 5th February 2026
from 11am to 1pm at
National Army Museum
Royal Hospital Road, SW3 4HT

Contact Wandsworth Carers' Centre to book your place: Call 020 8877 1200 or email info@wandsworthcarers.org.uk

Trustees Wanted

Wandsworth Carers' Centre is looking for motivated and skilled people to join our Board of Trustees to contribute to the governance of the charity. At this time we particularly require people with skills and knowledge in the following areas:

• Caring • Finance • Human Resources • Marketing •
• Strategic Development • Charity Law •
• Health & Social Care • Business Development •

Trustees would need to be able to attend online Board Meetings, which take place during the weekday every 8 weeks and up to an additional 6 hours per month.

For further information or to apply, please contact Eglionna Treanor (Chief Executive) on **020 8877 1200** or email **eglionna@wandsworthcarers.org.uk**.

General information on the charity is available at **www.carerswandsworth.org.uk**.

Share Your Experience – Help Others Find Us!

Have you received support from us? Your feedback can help other Carers discover the support they deserve. Please take a moment to leave us a 5-star Google review – it really makes a difference! Scan the QR Code below.

Your input helps us enhance our services

★★★★★

For more information go to www.carerswandsworth.org.uk

Wandsworth Health Bus
Free Health & Wellbeing Support

The **Wandsworth Health Bus** is bringing free, accessible health and wellbeing support directly into local communities. Staffed by friendly health professionals, including a local pharmacist, the bus offers residents a convenient one-stop shop for health checks, advice, and information, all without the need for an appointment.

Date / Time	Location	What's on offer
Saturday 6th December 2025 from 9am - 3pm	Sainsbury's Car Park, 147-151 Balham High Road, SW12 9AU	• Stop smoking advice • Free health and blood pressure checks • Flu and COVID vaccinations (eligibility applies) • General health advice and healthy living tips
Thursday 11th December 2025 from 10am - 4pm	New Testament Assembly, 7 Beechcroft Road, Tooting Bec, SW17 7BU	

More info, including future locations, can be found at **https://www.wandsworth.gov.uk/health-and-social-care/public-health/health-bus/**.

Try the new AI Carers Support Service

Helping you find the right support, in your own time

Could you be missing out on support designed for you?

Many people who look after someone don't realise what support is out there.

Our new digital support service (available 24/7) offers unpaid Carers a quick and flexible way to discuss your caring situation at a time that suits you. You will receive tailored advice and support recommendations immediately.

Why wait until things get harder? Scan the QR code below to start your chat today:

https://www.wandsworth.gov.uk/carers-self-assessment

Wandsworth

The Carers Partnership Board

The aim of the Carers Partnership Board is to improve the health, wellbeing and quality of life for Carers in Wandsworth, by providing a strategic overview and coordination of services.

Open Position:
Carer Representative

The Role

The role of a Carer Representative involves being a champion for Carers' issues and ensuring Carers' voices are heard on important issues such as planning and developing services and delivery of the Carers' Charter.

As a **Carer Representative** you will:

- Have an understanding of the issues experienced by Carers
- Represent the views of Carers across Wandsworth
- Have excellent communication and interpersonal skills
- Attend 4 meetings a year for 2 hours with a 1 year minimum commitment

For more information or to apply for this role, please contact us on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Free Holistic Healing Workshop

- ✶ EFT Tapping to release stress, guilt and emotional overwhelm.
- ✶ Meditation with chakra alignment for deeper balance, renewal and emotional freedom.
- ✶ NLP reframing and Ho'oponopono to shift heavy emotions and build trust.

All sessions take place online via Zoom from 11am to 12pm

Thursday 4th December 2025
Thursday 11th December 2025
Thursday 18th December 2025
Friday 23rd January 2026
Friday 30th January 2026
Friday 6th February 2026

To book now, just call 020 8877 1200 or email info@wandsworthcarers.org.uk

30 Things We'd Like To Tell You

A poem written by the Carers in our Creative Writing Group

We are Carers but we're so many other things
We have to play different roles
Carers, experts, researchers,
advocates for our loved ones
That we never expected to be

It helps to have a routine
For your Cared for to have an outlet
And to have some space for yourself
Find some support like talking to people
who understand

Or a group that understands your needs
Like peer support that's flexible
Wandsworth Carers' Centre helped us to relax
The Alzheimer's Society gave us support

It helps to share an interest that's
outside the Caring role
And we've found a Community
in the Writers Group
The chance to be ourselves
You need that safe space

Remember to live in the moment
If someone offers help, take it
You can't do everything on your own
And you deserve to take some time

Take the time to listen
We have ears, but cannot hear the noise
The noise seems to pass through
without stopping
But you can find the calm

Be curious, ask questions
Have a sense of playfulness
Smile, laugh even if you don't feel
like laughing
You can set the tone

You have to be adaptable
Have a Plan A, B and C
Learn to think on your feet
And loosen up and go with the flow
Look after your own health
And learn what to let go

Carers Partnership Wandsworth – Peer Support Groups

We offer a wide range of welcoming, friendly and supportive peer support opportunities for Carers. Our peer support groups give you the opportunity to take some time for yourself, meet other Carers, share experiences and have your voice heard. Specific topics and speakers are arranged to meet the needs of each group. *Please speak to the group facilitator if you would like a particular topic to be discussed.* **You can call us for more information or just simply turn up.**

Peer Support Groups Offered By Wandsworth Carers' Centre

Carers of People with Learning Disabilities: Held on the 2nd Tuesday of every month from 11.30am to 1pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ and via Zoom)**. To sign up, please email **martina@wandsworthcarers.org.uk**. **(Please note that the 9th December meeting has been moved to December 16th and includes an End of Year Movie).**

Mental Health Carers: In-person Group held on the 2nd Thursday of every month from 2pm to 4pm **(at 46 Balham High Road, Balham, SW12 9AQ)**. Online Group held on the 1st Thursday of every month from 12 to 2pm (**Microsoft Teams**) To sign up, please email **info@wandsworthcarers.org.uk**.

Neurological Conditions – Peer Support Group: Held on the 1st Tuesday of every month from 11am to 12.30pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ and via Zoom)**. *The group is facilitated by Carol from Integrated Neurological Services (INS) and Wandsworth Carers' Centre.* To sign up, please email **info@wandsworthcarers.org.uk**.

Carers of People on the Autistic Spectrum: Held on the last Thursday of every month from 6.30pm to 8pm **(session only via Zoom)**. To sign up, please email **info@wandsworthcarers.org.uk**. **(NB: the December meeting has been moved to 18th December).**

Coffee Club – Wandsworth: Held on the 3rd Friday of every month from 10.30am to 12.30pm **(in-person at The Ascension Church, 23 Malwood Road, Balham, SW12 8EN)**. ***This group is open to all Carers and the person / people you Care for***. To sign up, please email **info@wandsworthcarers.org.uk**.

Asian Carers' Support Group: Held on the last Thursday of every month from 2pm to 4pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ, and via Zoom)**. To sign up, please email **info@wandsworthcarers.org.uk**. **(NB: the December meeting has been moved to 18th December).**

The Male Carers Group: Held on the 2nd Monday of every month from 11am to 1pm **(in-person at The Ascension Church, 23 Malwood Road, Balham, SW12 8EN)**. To sign up, please email **info@wandsworthcarers.org.uk**.

Male Carers Social: Held on the last Friday of the month from 12 to 2pm. To sign up call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Peer Support Group For Carers Of People With Dementia

Evening Support Group for Carers of People with Dementia: Held on the 3rd Thursday of every month from 6pm to 7.30pm – **This group is now meeting in-person at Bluebird Care Agency, 5-6 College Mews, SW18 2SJ and via Zoom.** Email **info@wandsworthcarers.org.uk** to sign up or to request more information.

Dementia Cafés – for both Carers and the person with Dementia

The Sunflower Café – Supporting Dementia in Putney: Held on the 1st Saturday of every month from 1.30pm to 4pm **(held in-person at Mount Court, 16 Weimar Street, Putney, SW15 1SJ)**. For more information or to attend please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

The Iris Café – Supporting Dementia in Balham: Held on the 3rd Saturday of each month from 2pm to 4.30pm **(held in-person at St Lukes Community Hall, 194 Ramsden Road, Balham, SW12 8RQ)**. For more information or to attend please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Other Carers Support Groups

New Support Group for Young Carers aged 5+
Young Carers' Connect – After School Club: Held every other Thursday from 4.30 to 6pm **(in-person at 46 Balham High Road, Balham, SW12 9AQ)**. Join us for games, activities and a chance to relax and make friends. Spaces are limited, so get in touch with Eleanor to sign up by calling **020 8877 1200** or by email at **eleanor@wandsworthcarers.org.uk**.

Writers Group: Held on the 3rd Thursday of every month from 10.30am to 12pm **(session only via Zoom)**. To sign up please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

The deadline for the next Carers Connect Newsletter is Monday 12th January 2026

Peer Support Groups in December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 Neurological Conditions Peer Support Group	3	4 After School Club – Young Carers' Connect; Mental Health Carers – Online	5	6 The Sunflower Café	7
8 The Male Carers Group	9 Wandsworth Carers' Centre Christmas Party	10	11 Mental Health Carers – In-Person	12	13	14
15	16 Carers of People with Learning Disabilities (End of Year Movie)	17	18 Evening Support for Carers of People with Dementia; Carers of People on the Autistic Spectrum; Asian Carers' Support Group; After School Club – Young Carers' Connect; Writers Group	19 Coffee Club – Wandsworth	20 The Iris Café	21
22	23	24	25	26 Male Carers Social	27	28
29	30	31				

Peer Support Groups in January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 After School Club – Young Carers' Connect; Mental Health Carers – Online	2	3 The Sunflower Café	4
5	6 Neurological Conditions Peer Support Group	7	8 Mental Health Carers – In-Person	9	10	11
12 The Male Carers Group	13 Carers of People with Learning Disabilities	14	15 Evening Support for Carers of People with Dementia; After School Club – Young Carers' Connect; Writers Group	16 Coffee Club – Wandsworth	17 The Iris Café	18
19	20	21	22	23	24	25
26	27	28	29 Carers of People on the Autistic Spectrum; After School Club – Young Carers' Connect; Asian Carers' Support Group	30 Male Carers Social	31	

Wandsworth Carers' Centre
30 Years of Caring

You said...We did!

As part of our 30th Anniversary Celebrations, we asked you – the Carers – what you wanted to do to celebrate. Your ideas included:

- A Party
- A Seaside Trip
- An Art Workshop
- A Picnic

So, we delivered just that and more. Our trips included a lovely day out at Margate beach, an Art Workshop with Putney Art College, many sunny walks and a picnic in the park, a Movie Night to watch Hairspray, a fun event celebrating the Mayor of London's Community Weekend, a visit to the British Museum and so much more! Please see some of our photos of the events below:

Art Workshop

British Museum

Mayor of London Community Weekend

Movie Night

Margate Seaside Trip

Walk, Talk & Tea

Dementia Training Course for Carers

Are you caring for someone with Dementia? Looking for more information to support your caring role? If so, this is the training for you!

Session 1:
11am to 1pm, Wednesday 21st January 2026

Session 2:
11am to 1pm, Wednesday 28th January 2026

Session 3:
11am to 1pm, Wednesday 4th February 2026

You must commit to attending all 3 sessions (held face-to-face* at Wandsworth Carers' Centre) in order to book a spot on this course

** We may be able to assist in arranging respite if needed*

Dementia types

Advice for managing common challenges

Common symptoms and what to expect

Understanding the brain, memories and behaviours

and more!

For more information and to book your place, please call **020 8877 1200** or email **info@wandsworthcarers.org.uk**

ROYAL TRINITY HOSPICE

Wandsworth Carers' Centre

Royal Trinity Hospice invites Wandsworth Carers for a FREE Talk & Tour at the Hospice

Thursday 29th January 2026 from 10.30am to 12.30pm

30 Clapham Common North Side, London SW4 0RN

Find out how Trinity can support YOU as a Carer as well as those you care for. Have a tour of the Hospice including the inpatient unit. Meet staff including a Senior Social Worker and a member of the Nursing Team. Enjoy free cake and refreshments!

To sign up, please call 020 8877 1200 or email info@wandsworthcarers.org.uk.

Free Yoga *with Ciara*

Upcoming Classes

In-Person: Wednesday 10th December 2025 from 2 to 3pm

Online: Wednesday 17th December 2025 from 11.30am to 12.30pm

In-Person: Wednesday 14th January 2026 from 2 to 3pm

Online: Wednesday 21st January 2026 from 11.30am to 12.30pm

Our in-person classes take place at MoreYoga Wandsworth, 7 Chivers Passage, London SW18 1UP

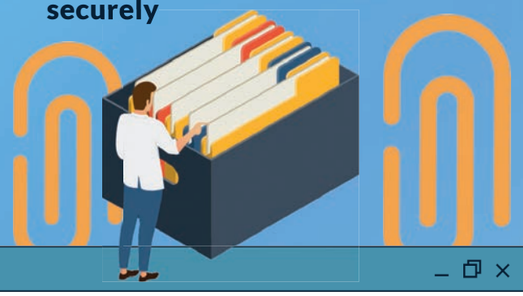
Email: info@wandsworthcarers.org.uk or call 020 8877 1200 to reserve your place

Wandsworth Carers' Centre
30 Years of Caring

Declutter Your Digital Life: Creating & Organising Folders & Photos

Wandsworth Carers' Centre is offering a FREE in-person digital training session to help Carers **take control of their digital space – from managing storage to keeping photos and files neatly organised**. This beginner-friendly session will offer simple, step-by-step guidance on:

- ✓ **Creating and naming folders for easy access**
- ✓ **Storing and managing files safely**
- ✓ **Using cloud storage tools like Google Drive or OneDrive**
- ✓ **Managing phone and computer storage space**
- ✓ **Organising and backing up photos securely**

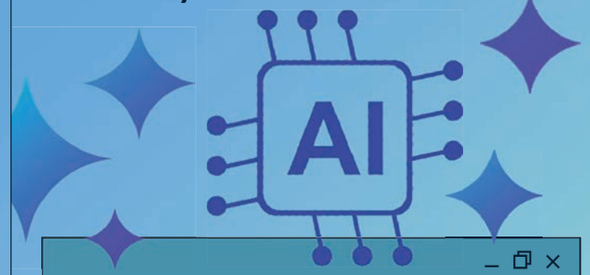


Date: Monday 15th December 2025
Time: 1.30 to 3pm
Location: Wandsworth Carers' Centre, 46 Balham High Road, Balham, SW12 9AQ

Understanding AI: Everyday Uses Made Simple

Wandsworth Carers' Centre is offering a FREE in-person digital training session to help Carers **understand what Artificial Intelligence (AI) really means – and how it can be used safely in daily life**. This beginner-friendly session will offer simple, step-by-step guidance on:

- ✓ **What AI is and how it works in simple terms**
- ✓ **Everyday AI tools – from voice assistant to photo sorting**
- ✓ **How to use AI safely and responsibly**
- ✓ **Recognising misinformation and AI-generated content**
- ✓ **Exploring how AI can support Carers in daily tasks**



Date: Monday 12th January 2026
Time: 1.30 to 3pm
Location: Wandsworth Carers' Centre, 46 Balham High Road, Balham, SW12 9AQ

SPACES ARE LIMITED! To register, please email info@wandsworthcarers.org.uk or call 020 8877 1200

Registered Charity No.: 1053121 Company No.: 3152094

Hi, my name is **Yusra** and I'm the new **Mental Health Carers Peer Support and Development Worker** at **Wandsworth Carers' Centre.**

I will be offering 1:1 Peer Support appointments for Carers of someone with a mental health condition and facilitating the Mental Health Carers Peer Support Group. As an unpaid Carer myself, I aim to use my understanding and lived experience to provide the best support I can and am looking forward to working with you.

020 8877 1200 / yusra@wandsworthcarers.org.uk

Hello, my name is **Lloyd** and I am the new **Services Manager** at **Wandsworth Carers' Centre.** I will also facilitate the Male Carers Support Group and provide one-to-one mental health Carer support.

My background is in providing information, advice and support to Carers whose children have a range of special educational needs and disabilities. I am passionate about achieving the best possible outcomes for Carers and look forward to meeting you.

Please note that I work part-time on Mondays, Wednesdays and Thursdays.

07542 509 532 / lloyd@wandsworthcarers.org.uk

Hello, I'm **Ava.** I've just started as the new **Dementia Support and Development Coordinator** at **Wandsworth Carers' Centre.** My role is about walking alongside Carers of people living with dementia – through one-to-one support, sharing information, advocating when needed, or simply offering a safe space to feel heard. I'll also be running our monthly Dementia Cafés, the Evening Peer Support Group, and delivering Dementia Awareness Training for Carers. I'm originally from New Zealand, where I studied Neuroscience and Psychology. Since then, I've worked as a Support Worker with people from many walks of life, each facing unique challenges. This role is deeply personal to me – my wonderful grandmother, Iola, lived with dementia, and witnessing its impact on her and our family shaped my passion for supporting others on a similar journey. No one should have to walk it alone. Thank you for the warm welcome – I'm looking forward to meeting many of you soon!

020 8877 1200 / ava@wandsworthcarers.org.uk

Beat the 'January Blues'

A Wellbeing Session delivered by Talk Wandsworth

Join us for a relaxed wellbeing session designed and open to all Carers. Led by Talking Therapies Wandsworth, this interactive workshop will share simple ways to left your mood, manage stress and support your mental health this winter. Take a break, connect with others and start the year feeling lighter and more positive. Refreshments will be provided.

Wednesday 7th January 2026 from 3 to 4.30pm

at Wandsworth Carers' Centre, 46 Balham High Road, SW12 9AQ

To book your place please speak to one of our team on **020 8877 1200** or email **info@wandsworthcarers.org.uk**.

Dear Carers,

We understand the vital role you play in supporting your loved ones, and we are committed to ensuring you receive the support you need to continue your invaluable work. Here's a summary of the services available to you in Primary Care Wandsworth:

Carer Consultation and Annual Health Check. For every Carer on the Carer Register, including Young Carers, we offer a Carer Consultation.

Who is a Carer? A Carer is someone who regularly provides unpaid support to a partner, child, relative, friend, or neighbour who could not manage without their help due to a physical or mental health condition, physical or learning disability, frailty, or substance misuse problems. This includes Young Carers (people between the ages of 6 and 18). To be eligible for these services, the Carer must be registered with a Wandsworth Practice, even if the person being cared for is registered with a Practice outside of the borough.

Why is this Important? GP practices are often the first, and sometimes only, point of contact that Carers have with health services. To ensure you remain well and healthy enough to continue caring for as long as you wish to do so or are needed, GP practices need to adopt processes for identifying and supporting Carers properly.

Without your support, NHS services would be unable to meet the demands of those who need care. Caring for someone often leads to Carers neglecting their own health and wellbeing to meet the needs of those they care for. As a result, many become isolated, ill, or injured, impairing their ability to continue caring.

Support for Carers. Many Wandsworth Carers, both young and adult, remain unidentified by health and social care professionals and suffer in silence as they are unaware of available support. We are here to change that. Please reach out to your Wandsworth GP practice to learn more about the support available to you and ask to be recorded as a Carer on the practice system.

Thank you for your dedication and care.

Wandsworth GP Federation

Wandsworth Carers' Centre

Opening Hours

Monday	9.30am–5.30pm
Tuesday	9.30am–5.30pm
Wednesday	9.30am–7.30pm
Thursday	9.30am–5.30pm
Friday	9.30am–5.30pm
Saturday	CLOSED
Sunday	CLOSED

For enquiries, call 020 8877 1200 or email info@wandsworthcarers.org.uk

Wheelchair accessible – Accessible toilet
Hearing induction loop – Interpreters available

Wandsworth Community Spaces

Join us for SUPPER CLUB

Every Other Wednesday from 5pm to 7pm

46 Balham High Road, SW12 9AQ

10th December 2025
14th and 28th January 2026

Come along for a bite to eat with other Carers! We particularly encourage newly registered Carers to join us.

Please note that you must book your place in advance by calling us on **020 8877 1200**

Back Care & Massage

Back Care Appointments

Tuesdays from 10am to 4pm
at our Balham Office
Thursdays from 10am to 4pm at
Mayfield Surgery, Roehampton
(Buses 170, 493 & 85 all stop close to the surgery)

Massage Appointments

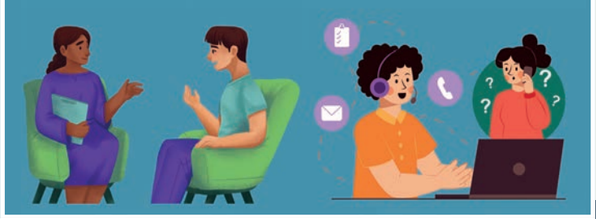
Wednesdays from 10am to 6.15pm
and Thursdays from 10am to 4pm
at our Balham Office

For more information or to book an appointment please call 020 8877 1200

Advice & Information Service

If you need practical support, our advice appointments are now available in Balham and Clapham Junction.

If you need advice or information, call us to book an appointment on 020 8877 1200



Useful Numbers and Opening Times over the Christmas 2025 and New Year 2026 Period

Wandsworth Carers' Centre – 020 8877 1200

Closed – Thursday 25th and Friday 26th December.
Monday 29th to Wednesday 31st December – Telephone service only.
Closed – Thursday 1st January.

Alzheimer's Society Wandsworth

Please call **020 7423 7380** or email at **wandsworth@alzheimers.org.uk**.
Closed from 4pm on Wednesday 24th December and on 25th December, reopening at 10am on Friday 26th December and closed on Thursday 1st January (Bank Holiday), reopening on Friday 2nd January.

Dementia Support Line – 0333 150 3456 or email at dementiasupportline@alzheimers.org.uk – open 7 days a week.

Bluebird Care Wandsworth – 020 8877 4950

Closed from 5pm on Wednesday 24th December until Friday 26th December, reopening at 8.30am on Monday 29th December and closed on Thursday 1st January (Bank Holiday), reopening on Friday 2nd January.
On-call emergency number for existing customers 07879 323 339.

Medical Health
111 NHS non-emergency helpline and 999 for emergencies

Police – in an emergency always dial 999

For non-emergencies contact the police in Wandsworth on **0300 123 1212**.

Mental Health Crisis Line – 0800 028 8000

Available 24/7 to support all the clients of Mental Health Services.

Wandsworth Social Services – 020 8871 7707

Closed from 5pm on Wednesday 24th December until Friday 26th December, reopening on Monday 29th December and closed on Thursday 1st January (Bank Holiday), reopening on Friday 2nd January. Out of hours contact number **020 8871 6000** from 5pm-9am all times over weekend and Bank Holidays.

Samaritans – call free any time, from any phone, on 116 123 or email jo@samaritans.org

Samaritans are available 24/7 to provide **confidential** non-judgmental emotional support for people who are experiencing feelings of distress.

Wandsworth Carers' Centre | CARERS TRUST | bluebird care | INVESTING IN VOLUNTEERS | NHS South West London | Wandsworth